

# TZATZIKI DIP



## INGREDIENTS:

- 1 cup nonfat Greek yogurt
- 1/2 tbsp olive oil
- 1 tbsp fresh dill
- 1 tbsp fresh chives
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground mustard seed
- 1 tsp salt and pepper
- 2 tsp lemon juice

## DIRECTIONS:

1. Chop fresh herbs
  2. Add all ingredients to a bowl and mix
- Enjoy!



Makes 8 Servings | Serving Size = 2 tbsp  
Calories: 26 | Protein: 3 g | Carb: 1 g | Fat: 1 g